

**North Carolina Alcohol Law Enforcement Applicant Fitness Standards
Males 20-29**

%	VERT JUMP	BENCH	SIT UPS	PUSH UPS	300M RUN	1.5 RUN
99	30.3	>1.63	>55	100	42.6	8:35
95	26.5	1.63	55	62	46.0	9:18
90	25.0	1.48	52	57	48.0	9:40
85	25.0	1.37	49	51	49.0	10:00
80	24.0	1.32	47	47	50.3	10:09
75	23.0	1.26	46	44	51.0	10:45
70	22.5	1.22	45	41	52.0	10:59
65	22.0	1.18	44	39	53.5	11:10
60	21.5	1.14	42	37	54.0	11:31
55	21.0	1.10	41	35	55.0	11:45
50	20.5	1.06	40	33	56.0	11:58
45	20.0	1.03	39	31	57.5	12:23
40	20.0	0.99	38	29	59.0	12:38
35	19.0	0.96	37	27	60.0	12:53
30	18.0	0.93	35	26	62.1	13:16
25	18.0	0.90	35	24	64.0	13:40
20	17.5	0.88	33	22	66.0	14:06
15	17.0	0.84	32	19	69.0	14:34
10	16.0	0.80	30	18	73.4	15:35
5	13.6	0.72	27	13	81.3	17:22
1	10.3	<0.72	<27		95.1	21:25

Males 40-49

%	VERT JUMP	BENCH	SIT UPS	PUSH UPS	300M RUN	1.5 RUN
99	25.1	>1.20	>47	64	47.0	9:10
95	22.0	1.20	47	40	52.0	9:51
90	20.3	1.10	43	36	55.0	10:28
85	19.5	1.04	40	34	56.0	10:48
80	19.0	1.00	39	30	57.0	11:16
75	18.0	0.96	37	29	60.0	11:41
70	18.0	0.93	36	26	61.0	11:58
65	17.0	0.90	35	25	62.0	12:11
60	17.0	0.88	34	24	64.0	12:25
55	16.5	0.86	32	22	66.0	12:53
50	16.0	0.84	31	21	67.6	13:11
45	16.0	0.82	30	19	70.0	13:24
40	15.5	0.80	29	18	72.0	13:49
35	15.0	0.78	28	16	74.8	14:07
30	14.5	0.76	27	15	77.0	14:34
25	14.0	0.74	26	13	81.0	14:53
20	14.0	0.72	24	11	83.0	15:22

15	13.0	0.69	22	10	86.0	15:58
10	12.1	0.65	22	9	90.0	16:46
5	11.0	0.59	17	5	104.0	18:37
1	6.9	<0.59	<17		143.0	22:20

Males: Estimated 1 RM Universal = (1.016 x free wt. 1 RM) + 18.41
Pounds pushed (divided by) weight

North Carolina Alcohol Law Enforcement Applicant Fitness Standards						
Females 20-29						
%	VERT JUMP	BENCH	SIT UPS	PUSH UPS	300M RUN	1.5 RUN
99	19.0	>1.01	>51	53	54.0	9:29
95	18.8	1.01	51	42	54.3	10:28
90	18.1	0.90	49	37	56.0	11:10
85	18.0	0.83	45	33	58.0	11:33
80	17.7	0.80	44	28	58.3	11:58
75	17.0	0.77	42	27	59.7	12:25
70	16.3	0.74	41	24	60.0	12:53
65	16.0	0.72	39	23	61.0	12:53
60	15.9	0.70	38	21	61.0	13:24
55	15.5	0.68	37	19	62.7	13:49
50	15.2	0.65	35	18	64.0	14:07
45	14.3	0.63	34	17	68.5	14:34
40	14.0	0.59	32	15	71.0	14:50
35	13.9	0.58	31	14	74.5	15:14
30	13.5	0.56	30	13	75.0	15:52
25	13.0	0.53	28	11	76.0	16:26
20	12.6	0.51	24	10	78.0	16:46
15	12.0	0.50	23	9	88.0	17:49
10	12.0	0.48	21	8	97.0	18:37
5	11.4	0.44	18	6	106.7	20:31
1	11.0	<0.44	<18	3	120.0	23:58

Females 40-49						
%	VERT JUMP	BENCH	SIT UPS	PUSH UPS	300M RUN	1.5 RUN
99	13.5	>0.77	>38	23	65.0	10:09
95	13.5	0.77	38	20	65.0	11:32
90	13.3	0.71	34	18	66.0	11:58
85	13.0	0.66	32	17	68.2	12:51
80	13.0	0.62	29	15	72.0	13:22
75	12.7	0.60	28	15	72.0	13:32
70	12.3	0.57	27	14	75.3	13:58
65	11.6	0.55	25	13	78.7	14:32
60	11.5	0.54	24	13	79.0	14:44

55	11.1	0.53	23	11	80.5	15:13
50	10.0	0.52	22	11	86.0	15:24
45	10.0	0.51	21	10	91.7	15:57
40	9.6	0.50	20	9	94.0	16:21
35	9.0	0.48	19	8	101.8	16:46
30	9.0	0.47	17	7	106.7	17:22
25	8.5	0.45	16	7	109.3	17:58
20	7.8	0.43	14	6	110.0	18:38
15	7.1	0.42	13	5	116.0	19:32
10	7.0	0.38	10	4	121.5	20:47
5	7.0	0.35	7	1	125.0	22:22
1	7.0	<0.35	<7	0	125.0	25:49

Females: Estimated 1 RM Universal = (.848 x free wt. 1 RM) + 21.37
Pounds pushed (divided by) weight

**North Carolina Alcohol Law Enforcement Applicant Fitness Standards
Males 30-39**

%	VERT JUMP	BENCH	SIT UPS	PUSH UPS	300M RUN	1.5 RUN
99	28.4	>1.35	>51	86	42.0	8:49
95	25.0	1.35	51	52	46.1	9:34
90	24.0	1.24	48	46	49.0	10:02
85	23.0	1.17	45	41	50.0	10:24
80	22.0	1.12	43	39	51.0	10:47
75	21.0	1.08	42	36	52.0	11:06
70	21.0	1.04	41	34	53.0	11:22
65	20.0	1.01	40	31	54.0	11:33
60	20.0	0.98	39	30	55.0	11:56
55	20.0	0.96	37	29	56.0	11:58
50	19.5	0.93	36	27	57.0	12:25
45	19.0	0.90	36	25	58.0	12:50
40	18.6	0.88	35	24	58.9	13:04
35	18.5	0.86	33	21	61.0	13:24
30	18.0	0.83	32	20	63.0	13:46
25	17.0	0.81	31	19	65.0	14:09
20	16.5	0.78	30	17	68.0	14:34
15	16.0	0.75	28	15	70.0	15:13
10	15.5	0.71	26	13	74.9	15:58
5	14.5	0.65	23	9	80.9	17:29
1	12.1	<0.65	<23		113.9	20:58

Males 50-59

%	VERT JUMP	BENCH	SIT UPS	PUSH UPS	300M RUN	1.5 RUN
99	22.0	>1.05	>43	51	52.0	9:34
95	21.0	1.05	43	39	58.0	10:38
90	19.5	0.97	39	30	61.0	11:11
85	18.0	0.93	36	28	63.0	11:45
80	17.0	0.90	35	25	66.4	12:07
75	16.5	0.87	33	24	68.0	12:36
70	16.0	0.84	31	21	70.0	12:53
65	15.5	0.81	30	20	72.0	13:17
60	15.0	0.79	28	19	74.0	13:32
55	14.5	0.77	27	17	77.4	13:57
50	14.0	0.75	26	15	80.0	14:16
45	14.0	0.73	25	14	82.6	14:34
40	13.5	0.71	24	13	83.2	15:03
35	13.5	0.70	22	11	85.0	15:20
30	13.0	0.68	21	10	87.0	15:58
25	12.2	0.66	20	9.5	89.0	16:21
20	11.9	0.63	19	9	95.0	16:46

15	11.0	0.60	17	7	99.0	17:38
10	10.0	0.57	15	6	101.6	18:38
5	9.3	0.53	12	3	112.0	20:53
1	6.5	<0.53	<12		184.0	25:01

Males: Estimated 1 RM Universal = (1.016 x free wt. 1 RM) + 18.41
Pounds pushed (divided by) weight

North Carolina Alcohol Law Enforcement Applicant Fitness Standards						
Females 30-39						
%	VERT JUMP	BENCH	SIT UPS	PUSH UPS	300M RUN	1.5 RUN
99	18.0	>0.82	>42	48	55.0	9:51
95	16.9	0.82	42	39.5	56.5	11:00
90	16.0	0.76	40	33	60.0	11:33
85	15.5	0.72	38	26	63.5	11:58
80	15.0	0.70	35	23	66.0	12:25
75	15.0	0.65	33	19	66.5	12:53
70	14.9	0.63	32	18	68.0	13:23
65	14.3	0.62	30	16	69.9	13:47
60	13.2	0.60	29	15	71.0	14:04
55	13.0	0.58	28	14	72.0	14:23
50	12.5	0.57	27	14	74.0	14:34
45	12.4	0.55	26	13	75.5	15:14
40	12.0	0.53	25	11	79.0	15:38
35	12.0	0.52	24	10	80.5	15:58
30	11.1	0.51	22	9	82.0	16:38
25	11.0	0.49	21	9	85.5	16:46
20	11.0	0.47	20	8	86.0	17:38
15	10.9	0.45	18	6.5	93.5	18:37
10	10.2	0.42	15	6	100.0	19:43
5	9.1	0.39	11	4	114.0	21:31
1	6.0	<0.39	<11	1	210.0	24:57

Females 50-59						
%	VERT JUMP	BENCH	SIT UPS	PUSH UPS	300M RUN	1.5 RUN
99	n/a	>0.68	>30	n/a	n/a	11:22
95	n/a	0.68	30	n/a	n/a	12:52
90	n/a	0.61	29	n/a	n/a	13:24
85	n/a	0.57	25	n/a	n/a	14:16
80	n/a	0.55	24	n/a	n/a	14:34
75	n/a	0.53	22	n/a	n/a	15:11
70	n/a	0.52	22	n/a	n/a	15:35
65	n/a	0.50	21	n/a	n/a	15:58
60	n/a	0.48	20	n/a	n/a	16:21

55	n/a	0.47	19	n/a	n/a	16:46
50	n/a	0.46	17	n/a	n/a	17:13
45	n/a	0.45	16	n/a	n/a	17:38
40	n/a	0.44	14	n/a	n/a	18:07
35	n/a	0.43	12	n/a	n/a	18:37
30	n/a	0.42	12	n/a	n/a	18:59
25	n/a	0.41	11	n/a	n/a	19:44
20	n/a	0.39	10	n/a	n/a	20:32
15	n/a	0.38	7	n/a	n/a	21:31
10	n/a	0.37	6	n/a	n/a	22:43
5	n/a	0.31	5	n/a	n/a	24:42
1	n/a	<0.31	<5	n/a	n/a	28:39

Females: Estimated 1 RM Universal = (.848 x free wt. 1 RM) + 21.37
Pounds pushed (divided by) weight

